**SC Catering-Vegan Zuppa Toscana Soup**

**Ingredients:**

* **1 Full Pack** of the Field Roast Vegan Sausage Brand (**4 links**), sliced
* Garlic, **2 Tbsp**, Chopped
* Yellow Onion, **1 Medium**, Small Diced
* Russet Potato, **2-3 medium sized**, medium dice
* Vegetable Broth, **5 cups**
* Kale, **3 cups packed**, ribbed and chopped
* **¼ tsp** red pepper flakes
* Dairy free heavy cream, **1 cup** (I used the Califia Farms brand)
* Salt and pepper, **to taste**
* Vegan Parmesan, **garnish or to liking**
* Oil of choosing
1. Cut the sausage into bite sized pieces. Turn on a medium sized pot to a medium-high heat and brown the sausage.
2. Add in your onions. Cook the sausage and onion mixture until the onions are translucent. Add in the garlic. Cook until the garlic is fragrant.
3. Add in your chopped potatoes and red pepper flakes, give this mixture a stir, and then add in your vegetable broth.
4. Bring this mixture to a boil and then reduce heat to a simmer.
5. Simmer uncovered until the potatoes are soft. Once the potatoes are soft, add the kale. (Simmer kale until it turns bright green.)
6. Incorporate the heavy cream. Season to taste.
7. If you are using vegan Parmesan, now would be the best time to add it into the soup or as a garnish.
8. Enjoy!!

(The non-vegan version of this can be made by simply replacing the vegan products with non-vegan products.)